

Background:

Highlights of the three recently completed TCDD Health and Fitness projects are included for your reference. During the Committee of the Whole, a panel discussion of these projects will take place and members can consider next steps for systems change around health and fitness.

Committee of the Whole — Agenda Item 4

Expected Action:

The Committee will discuss the subject and may consider next steps.

support and educate over 250 clients, held 10 community summer projects, and hosted over 35 group exercise classes. The project also provided professional training through certified continuing education courses (CEC) focusing on adapted fitness.

Participating families receive weekly consultations with a Registered Dietician, Physical Therapist, and adapted physical educators who help create a health and fitness plan. Families also have access to community fitness facilities. The program is conducted in four phases - Jump Start, Exploration, Inclusion, and Self-Training — that guide families through the process of incorporating physical fitness and healthy eating into their lives.

Grantee Information: bit.ly/abcsahealth

Project Website: bit.ly/abcsahealthservices



Get FIT Texas — Epilepsy Foundation

The Epilepsy Foundation of Texas adapted an existing program called Get FIT (Fitness, Integration, and Training) New Jersey into a project they call “Get FIT Texas.” A comprehensive, 12-week health and wellness program to improve physical fitness, nutrition, and healthy lifestyles of adults with DD and epilepsy and their caregivers. The program starts with an individualized Get FIT plan of action with “at home

activities.” First year total enrollment was 88, which was expanded to 200 by the end of the second year, and 250 by the middle of the third year. The project started expanded into schools in the third year, with a small program in the CyFair schools district near Houston. Year four introduced preventative health testing including: blood lipids, glucose, and blood pressure. In Year 5, the project served roughly 400 participants spread across Houston, Dallas, San Antonio, Austin, Lubbock and surrounding areas.



Over the past 5 years in total, Get FIT has helped over 1,250 people with disabilities get more active and live a healthier lifestyle, improving key markers for disease prevention. Provided services included: health coaching, group fitness, 1-on-1 fitness, yoga, water aerobics, nutrition education and preventative health screening. Grant participants were monitored and showed improvements in fitness measures (chair squat, plank, sit and reach), body composition measures, quality of life scores, and health screen tests. The project is exploring the possibility of becoming a Medicaid provider, enabling participants to bill through the state Medicaid.

Grantee Information: bit.ly/eftxgetfit

Project Website: eftx.org/programs/get-fit/



Getting Fit to Live, Work, and Play — Statewide Independent Living Council

The Texas Statewide Independent Living Council’s project, “Getting Fit to Live, Work, and Play,” has a three-tiered approach to developing programs that improve health. The first tier focuses on increasing the availability of and access to fitness programs for people with disabilities. The second tier connects

people with disabilities to established health programs in pilot areas. With help from trained professionals, project participants develop and execute fitness plans to help them reach self-defined goals. The final tier focuses on increasing awareness of the importance of health and fitness programs.

Throughout the five years of the project, the project has served over 800 participants with programming offered at Brazos Valley Center for Independent Living (BVCIL) in College Station, LIFE/RUN CIL in Lubbock, Volar CIL in El Paso, Mounting Horizons CIL in Houston, and Valley Association for Independent Living (VAIL). The 5 sites have adopted different models that represent the needs of their communities, but all programs serve the ultimate goal of promoting health, increasing access to fitness activities, and bringing awareness.



Grantee Information: bit.ly/txsilcgettingfit

Project Website: txsilc.org/page_healthandfitness.html